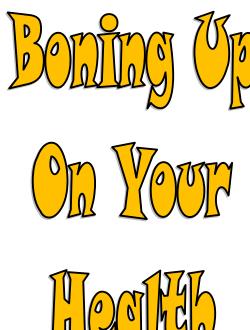
Jump Into A New Way of Thinking City of Concord Wellflex Program



REGISTER HERE



This session looks at the foods that play a critical role in preventing osteoporosis, maintaining a healthy heart, as well as, reducing your risk for diabetes, cancer and high blood pressure.

Register now to join us on the following dates and times:

Monday 4/13/15 5:30 pm—6:30pm Fire HQ Training Room

Wednesday 4/15/15 12:00pm—1:00pm Council Chambers

4/23/15 Thursday 12:00 pm—1:00pm COMF Cafeteria

*Note: There is a minimum attendance requirement, by the presenter, for all classes offered.

All employees and City-insured spouses are welcome to attend during their 'non-work' time. You or your spouse will earn one (1) Wellflex health education unit for attending this workshop. If necessary, please remember to coordinate your attendance with your supervisor.

You may register for the education session by emailing HR or you may contact HR at 225-8535 for assistance or additional information.